

DBSA West Hill and Valley Newsletter: April, 2012

Board Of Directors Election Results:

We had an unopposed slate of candidates for the six positions up for election last month. Therefore, all candidates were appointed to the board. Our board of directors is: Bernadette Knudsen (President), Norma Wimunc (Vice President), Mary Paganoni (Treasurer), Bob Steinmetz (Secretary), Karen Wennersten (Director-elect) and Kevin Parnell (Director-elect)

MONTHLY BOARD OF DIRECTORS REPORT

Bank Account Balances

Checking Account Balance	\$ 705
Emergency Medical Fund:	\$4,919

Dues Paying Members

Individual	35
Family	19
Total Dues Paying Members	54

Newsletter Distribution

Email Recipients	362
Hardcopy Recipients	73
Total Recipients	435
Last Email Date	4/1/2012
Last USPS Mailing Date	3/7/2012
Last Board of Directors Meeting	2/12/12

This month's article comes from the journal, [PLoS One](#), and focuses on **Lithium**.

[Lithium Impacts Bipolar Disorder by Strengthening Body Clock](#)

For the last 60 years, lithium has been the preferred treatment for bipolar disorder, but little research has been carried out to discover how it impacts the brain and the body clock.

New research from the University of Manchester has found that lithium strengthens the body clock's rhythms, which could lead to new treatments with fewer side effects.

According to Dr. Qing-Jun Meng in the university's Faculty of Life Sciences, the extreme mood swings in bipolar disorder are associated with disruptions in circadian rhythms — the 24-hour rhythms controlled by our body clocks that govern our day and night activity.

"By tracking the dynamics of a key clock protein, we discovered that lithium increased the strength of the clockwork in cells up to threefold by blocking the actions of an enzyme called glycogen synthase kinase or GSK3," he said.

The findings are important, he said, because they offer a "novel explanation as to how lithium may be able to stabilize mood swings in bipolar patients."

The findings also "open up opportunities to develop new drugs for bipolar disorder that mimic and even enhance the effect lithium has on GSK3 without the side-effects lithium salts can cause," he added. Side effects include nausea, acne, thirstiness, muscle weakness, tremor, sedation and/or confusion.

He noted that GSK3-inhibiting drugs are already in development, as they have been shown to be effective in treating other diseases, including diabetes and Alzheimer's disease.

"Lithium salt has a wide spectrum of targets within cells, in addition to GSK3," he said, noting that "drugs which only block the actions of GSK3 would therefore have the major advantage of reduced 'off-target' effects of lithium."

Our Officers:

President: Bernadette Knudsen, bernadette@db sawest.org

Vice President: Norma Wimunc, norma@db sawest.org

Treasurer: Mary Paganoni, mary@db sawest.org

Secretary: Bob Steinmetz, bob@db sawest.org

Director Elect: Karen Wennersten, kwennersten@yahoo.com

Director Elect: Kevin Parnell, kevs131@gmail.com

Our Support Group Facilitators:

Sunday, 1pm-3pm: Bernadette Knudsen, bernadette@db sawest.org

Sunday, 1pm-3pm: Karen Wennersten, karen@db sawest.org

Wednesday, 7pm-9pm: Norma Wimunc, norma@db sawest.org

Thursday (friends and family), 7pm-8:30pm: Bob Steinmetz, bob@db sawest.org

Support groups meet at **Good Samaritan Hospital**, 3815 Highland Ave in Downers Grove. Here is our schedule for the next few weeks. Since schedules are subject to change, always refer to www.db sawest.org for the most current information regarding room assignments.

DBSA West Support Group Meetings Apr-May, 2012									
Meetings are held at Good Samaritan Hospital, 3815 Highland Avenue in Downers Grove									
Day	Date	Time (pm)	Location	Group	Day	Date	Time (pm)	Location	Group
Sun	4/1	1:00-3:00	Red Oak	Patient	Sun	4/29	1:00-3:00	Red Oak	Patient
Wed	4/4	7:00-9:00	White Oak	Patient	Wed	5/2	7:00-8:30	Red Oak	Patient
Thu	4/5	7:00-8:30	White Oak	Caregiver	Thu	5/3	7:00-8:30	White Oak	Caregiver
Sun	4/8	1:00-3:00	Red Oak	Patient	Sun	5/6	1:00-3:00	Red Oak	Patient
Wed	4/11	7:00-9:00	White Oak	Patient	Wed	5/9	7:00-9:00	White Oak	Patient
Thu	4/12	7:00-8:30	Blue Oak	Caregiver	Thu	5/10	7:00-8:30	Birch Room	Caregiver
Sun	4/15	1:00-3:00	Red Oak	Patient	Sun	5/13	1:00-3:00	Red Oak	Patient
Wed	4/18	7:00-9:00	White Oak	Patient	Wed	5/16	7:00-9:00	White Oak	Patient
Thu	4/19	7:00-8:30	White Oak	Caregiver	Thu	5/17	7:00-8:30	White Oak	Caregiver
Sun	4/22	1:00-3:00	Birch Room	Patient	Sun	5/20	1:00-3:00	Red Oak	Patient
Wed	4/25	7:00-9:00	White Oak	Patient	Wed	5/23	7:00-9:00	White Oak	Patient
Thu	4/26	7:00-8:30	Blue Oak	Caregiver	Thu	5/24	7:00-8:30	White Oak	Caregiver
Sun	4/29	1:00-3:00	Red Oak	Patient	Sun	5/27	1:00-3:00	Red Oak	Patient
Wed	5/2	7:00-8:30	Red Oak	Patient	Wed	5/30	7:00-9:00	White Oak	Patient
Thu	5/3	7:00-8:30	White Oak	Caregiver	Thu	5/31	7:00-8:30	White Oak	Caregiver

Please help DBSA West by becoming a dues-paying member.

DBSA is an all-volunteer organization dedicated to improving the lives of people living with mood disorders and their loved ones. Our primary focus is on providing support groups for persons dealing with depression and bipolar disorder and their friends and families. We are constantly looking for ways to make people aware of our group, which means we spend money on postage, printing and distribution of our information. Your \$20 individual and \$30 family annual dues payments help us pay for the production and mailing costs of our newsletters and brochures. Please see the sign up form at the end of this newsletter.

DBSA West – Suburban Chicago

We've been there. We can help.

BECOME A DUES-PAYING MEMBER: Print this form and mail it with your check to the address below:

Your annual dues (\$20 for an individual and \$30 for a family) will help us in our mission to provide support, friendship, hope and information for individuals with depression or bipolar disorder and to their friends and families.

Type of membership: Family (\$30) ☐ Individual (\$20) ☐

Type of newsletter: US Mail ☐ Email ☐

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email Address: _____

Make checks payable to: DBSA West

Mail checks to: DBSA West
PO Box 4646
Naperville, IL 60567

Thank you for your generous support!
